PSYCHOSIS

M2M RECOVERY PROJECT
PEOPLE | PURPOSE | A STRONGER TOMORROW

Recognize the signs. Respond with support. Seek professional care.

WHAT IT IS

Psychosis describes a group of symptoms that disrupt thoughts and perceptions, making it difficult to distinguish shared reality from experiences that feel real to the person.

WHAT IT CAN LOOK LIKE

DELUSIONS
Strong beliefs that remain despite conflicting evidence.

HALLUCINATIONS
Seeing, hearing, or sensing things others do not.

DISORGANIZED THOUGHT
Ideas may be difficult to follow or connect.

DISRUPTED SPEECH
Speech may become confused or hard to understand.

BEHAVIOR CHANGES
Actions may appear unusual or disorganized.

AGITATION
Restlessness, distress, or heightened activation.

PSYCHOSIS CAN HAVE DIFFERENT CAUSES

MENTAL HEALTH
Certain psychiatric conditions, including bipolar disorder.

MEDICAL / NEUROLOGICAL
Conditions affecting the brain or body.

MEDICATION / SUBSTANCE
Prescription-drug or substance effects.

SLEEP / PHYSICAL
Severe sleep loss or other physical changes.

A PSYCHOSIS EPISODE MAY MOVE THROUGH THREE PHASES

1 **EARLY**
Subtle changes may be difficult to recognize

2 **ACUTE**
Symptoms become clearer and functioning may decline.

3 **RECOVERY**
Treatment and support help restore stability.

PROMPT MEDICAL EVALUATION IS IMPORTANT WHEN SOMEONE IS EXPERIENCING PSYCHOSIS.

TREATMENT AND SUPPORT MAY INCLUDE

MEDICATION
When clinically appropriate.

TALK THERAPY
CBT or supportive counseling.

UNDERLYING CAUSE
Treating contributing conditions.

FAMILY SUPPORT
Calm, informed connection.

STAY CALM | REDUCE STIMULATION | CONNECT TO CARE